

PADRECC/EES - FY 2016 Movement Disorder Series

To provide VHA healthcare professionals with current practice standards and emerging trends in the treatment of Parkinson's disease and other movement disorders

1 hour virtual conference using Microsoft Lync

Nutrition and Parkinson's Disease - What your patients need to know

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Thursday, January 14, 2016

12:00 PM - 1:00 PM Eastern

(9-10am PT, 10-11am MT, 11am-12pm CT)

or

3:00 PM - 4:00 PM Eastern

(12-1pm PT, 1-2pm MT, 2-3pm CT)



Pre-register by Jan 14, 2016. Direct Item Link: [PADRECC Audio Conference Series: Nutrition and PD—What your patients need to know](#) **TMS Course: # 28374.** Or log onto TMS (<https://www.tms.va.gov>) and search catalog by course number. To register, select “Register Now”.

Day of seminar: log on Microsoft Lync Meeting: <https://meet.RTC.VA.GOV/sean.gamble/HZ31857Z>

AUDIO access: connect through your computer **OR** call in **1-855-767-1051** Conference ID: **875751**

Target Audience and Continuing Education Credit:

Doctors, nurses, and VHA clinicians interested in Parkinson's disease. Continuing education credits available for: physicians, PAs, NPs, RNs, dieticians, and psychologists.

Accreditations: ACCME, ACCME-NP, ANCC, APA, CDR

You must complete on-line evaluation in TMS by Feb 14, 2016 to receive CEUs.

Description:

Lifestyle modifications have become an integral component of the therapeutic regimen for the management of Parkinson's disease. Physical exercise is well-established as beneficial for symptom control and possibly disease modification, and physicians regularly counsel patients to increase overall fitness. Similarly, nutritional modifications are becoming better recognized as another tool to fight back against Parkinson's disease. It is important for physicians treating people with Parkinson's disease to have a basic understanding of how nutritional modifications can help to manage symptoms, interact with standard medical therapies, and potentially modify disease progression. This presentation will provide VHA providers with an update on our understanding of how certain nutrients and dietary strategies can impact care for Parkinson's disease and introduce basic guidelines that can be used in clinic to give Veterans an introduction to the value of these strategies. This knowledge based activity is the second presentation in a five part series on Movement Disorders for FY16.

Outcome Objectives: At the conclusion of this educational program, learners will be able to:

1. Explain how dietary choices can affect symptom control in Parkinson's disease.
2. Discuss the current state of our knowledge regarding the basic mechanisms playing a role in the pathophysiology of Parkinson's disease and how the microbiome may contribute.
3. Discuss how food choices may contribute to these basic mechanisms and the possibility that sound nutritional lifestyle modifications may provide disease modifying effects.

Program Contacts:

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Next up in 2016

March 10 – Duopa

**Parkinson's Disease Research Education
& Clinical Center (PADRECC) website:**

www.parkinsons.va.gov